

















ST. PATRICK FINE ARTS SCHOOL - JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday gospel readings listed below:				1 New Year's Day 	2	3
4 <i>Matthew 3:1-12</i>	5 First day back to school Jan 14 Pizza order opens	6  Epiphany	7	8 School Council Meeting @ 7 pm 	9 Round 1 Artist Workshop begins	10
11 Jan 14 Pizza order closes <i>Matthew 11:2-11</i>	12	13  Beach Day	14 Pizza Lunch 	15	16	17
18 <i>Matthew 1:18-24</i>	19	20 4B to the Galt Museum 	21	22 Patrollers' Skate with Hurricanes   Church Ministry team visit	23	24
25 <i>Matthew 2:13-15, 19-23</i>	26 Professional Development Day —no school for students Feb 4 Pizza order opens Report Cards issued	27 Hot Lunch Family Literacy Day 	28 Divisional Board Meeting @ 3 pm	29	30 School Council hosts Movie Night 	31

ST. PATRICK FINE ARTS SCHOOL - FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday gospel readings listed below:						
1 Feb 4th Pizza order closes <i>Matthew 5:1-12a</i>	2	3	4 Global Play / Winter Walk Day Pizza Lunch 	5 School Council Meeting @ 7 pm 	6 2F to the Galt Museum 	7
8 <i>Matthew 5:13-16</i>	9	10	11 Pre-Lent Pancake Lunch 	12	13 Valentine's Celebration Spirit Day—Valentine Explosion	14 Valentine's Day 
15 <i>Matthew 5:17-37</i>	16 Family Day	17	18	19 SWATCA	20 SWATCA	21
<div>SCHOOL CLOSED</div>						
22 <i>Matthew 4:1-11</i>	23	24	25 Pink Shirt Day 	26	27 Artist Workshop Round #1 Ends	28



January 2026

ST. PATRICK FINE ARTS

LEARN ACTIVELY - GROW SPIRITUALLY - LIVE CREATIVELY

www.spfa.holyspirit.ab.ca 403.327.4386

Facebook/Instagram: @spfaschool #hs4

Principal's Message

Welcome back to a new month and a new year! I hope that you have your eye firmly set on hope, grace and continued generosity of spirit for the year to come. May the energy of learning, exploring and creating be even stronger from our halls to your homes!

This month, the school division will be sharing more information around plans for the opening of **St. Kateri Elementary School in the Crossings**, which directly impacts all west-side schools, including ours. I appreciate that many of you have very important questions, and I am hopeful we can walk together through those answers in the coming weeks. Please look for more information via e-mail communication from myself or from the School Division directly. We continue to pray for a smooth transition and for the growth of Catholic education in Lethbridge!

Gr. 4-6 students will begin the first round of **Artist Workshop option classes** on Friday, Jan. 9. These include explorations in pottery, choral chimes, dance, sketchbook creation, mindful art, photography, and intramural club design. These allow students and teachers to explore their passions through a creative lens, affording more time to build skills in the arts. After 7 weeks, the kids will move to a new course, culminating in our annual 'Festival for the Arts' on May 14. Save the date for that, as you won't want to miss this school-wide celebration of learning (all grades will participate).

Report cards will come to you both via e-mailed PDF and on paper on January 26 and 27. This year, these reports (2nd in June) will provide more explicit feedback on key learner outcomes in ELA & Literature and in Mathematics, as well as more general progress information for all other areas. For grades 3-6, you will begin to see more Spaces posts created with and by students to reflect upon their learning as they move into the second half of the school year. We will also send home information around how you can ask meaningful questions about learning to avoid the 'I don't know' response to 'What did you learn today?'

Also, please help me to welcome **two new additions to our staff**: **Miss Erica Andrews** will be joining our us until June in grade 3 and Dance while Mrs. Neufeld is on maternity leave and **Miss Abbey Ford** is completing her final practicum semester in Mrs. Mabin's grade 1 class. Both ladies are very excited to be part of the excellence at our school and you can learn more about them further on in this newsletter.

Finally, would you like to help with **basketball coaching**? Our grade 6 teams are looking for coaches with some experience to guide them! The season runs January to early March, with practices and games after school. Please call me if you would like more information or to volunteer (Crim. Record Check is required).

January is a great time to reboot, refocus and re-connect! I look forward to all that is possible in our little school this month with your amazing kids!

Take care, *Kathy Jones-Husch*

Please send your thoughts/feedback to spfaoffice@holyspirit.ab.ca

Growing in Faith

As we welcome January 2026, we are filled with hope and gratitude for the opportunities and blessings a new year brings. May the grace of God guide us as we continue this journey together as a faith-filled school community.

The beginning of a new year invites us to reflect on where we have been and to look ahead with openness and trust. At St. Patrick Fine Arts School, we remain committed to nurturing the hearts and minds of our students, supporting their growth in faith, learning, creativity, and character. Guided by our faith plan, Open Wide the Doors, we are called to be a community that welcomes, listens, and responds with love, inviting Christ to be at the centre of all we do.

This month, we are also reflecting on the Parable of the Rich Fool and Jesus' reminder:

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” (Matthew 6:19–21)

This message challenges us to consider what truly matters. As a school community, we strive to help our students recognize that faith, kindness, generosity, and service to others are treasures that last. Through our learning, prayer, and daily interactions, we are opening wide the doors of our hearts to God and to one another. Using our creative powers only sweetens things!

We extend our warmest wishes to all St. Patrick Fine Arts families for a joyful and hope-filled year ahead. May your homes be filled with love, laughter, and God's abundant blessings. Please remember that our school community is here to support one another, celebrating moments of joy and walking together through times of challenge.

As we begin this new year, we are deeply grateful for the many blessings of our school community: the continued support of our families, the dedication and care of our staff, and the enthusiasm and spirit of our students. Together, we are building a community rooted in faith and guided by love.

Let us keep our families, our school, and our world in our prayers. May God's grace be with each and every one of you throughout the year ahead.

Carla Ferrari
Associate Principal



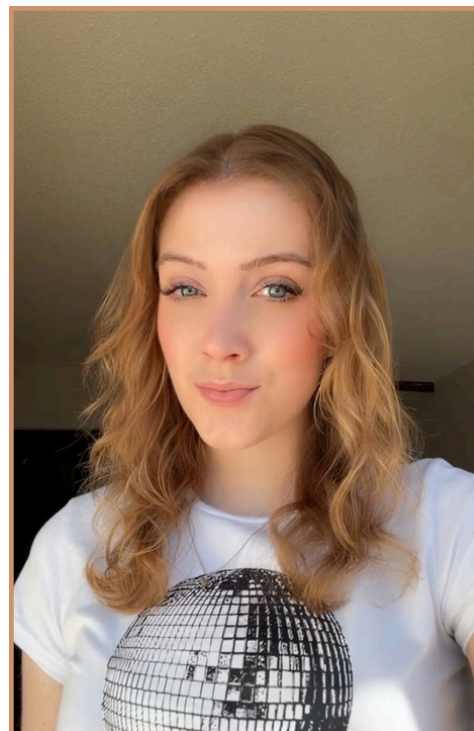
Welcome New Staff

Hello St. Patrick's school families,

My name is **Erica Andrews** and I am going to be joining the St. Patrick Fine Arts staff, teaching Grade 3 and Dance. I graduated in May from the University of Lethbridge with a Bachelor of Education degree and a Bachelor of Fine Arts degree in Drama. All of my practicums were in elementary schools, and my second one was here at St. Pat's. I am grateful and excited to be back!

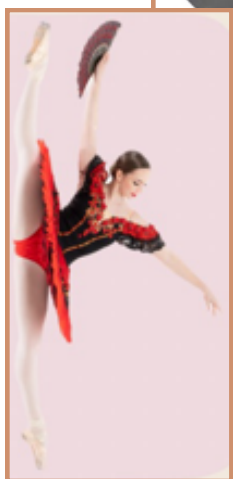
A little bit about me... I grew up in Vegreville, Alberta. Before university I worked in many programs and activities supporting children. This included tutoring, summer camps, and volunteering in my Mom's classroom. This led me to want to become an elementary school teacher. I would also say that I am an arts person. I grew up doing dance (specifically cheer, ballet, and jazz), piano, choir, and theatre. Additionally, I have been an actor in the last two productions with Lethbridge Musical Theatre.

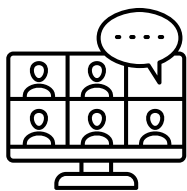
I have a passion for supporting children and youth, as well as the arts, and I hope to bring these experiences together at St. Patrick Fine Arts School. I am looking forward to the wonderful learning experiences I get to be a part of!



Hello! I am **Abbey Ford**, and I am beyond excited to learn alongside you for the next few weeks! I was born and raised in Lethbridge and am currently studying to become a teacher at the U of L. I love to travel, and my favourite place in the world is the beach! I also love to read, crochet, craft and workout.

When I am not at the gym, you can find me at the dance studio! I grew up dancing competitively, which is where my passion for teaching began. After I graduated as a dancer myself, I began teaching classes for other students as I wanted to share my passion. I spend most evenings at the dance studio helping students become the best versions of themselves. My favourite part of being a dance teacher is watching my students grow throughout the year, and I am looking forward to watching my new students at St. Patrick Fine Arts grow, as well!





School Council Update



NEW YEAR!

New is the year, new are the hopes, new are the resolutions, new are the spirits, and new are my wishes for you all. Have a promising and fulfilling New Year!

Get Involved in School Council...

Our next meeting and Christmas social is **January 8 at 7pm**. We'd love your voice and ideas! All SPFA parents are welcome—no experience necessary!

Upcoming meeting dates February 5 and March 5, both at 7pm.

If you can't attend but have creative ideas, attend virtually at meet.google.com/esi-gwiq-uhz.

After the past month's meeting minutes are approved, they are posted on our school [website](#), too!

Did You Know?

Having a child at St. Patrick Fine Arts automatically makes you part of our School Council. Each month we come together to advocate for students and staff, provide input on school operations, plan fundraiser initiatives, organize social and wellness events, and create Hot Lunch programs. Together we ensure all students have a memorable school year.

Thank you!

Thank you to all of our parent and Trustee volunteers that helped make our Christmas Turkey Lunch a smooth and successful event. Thank you to Prime Catering and their staff for the marvelous meal. If you helped out financially by donating a plate, thank you! Finally, thank you to those who could support the bacon fundraiser! We raised a good amount of money to further school projects.

Looking Ahead

Social/Wellness committee is hosting **Family Movie Night on Friday, January 30 at 6:30 pm**.

Hot Lunch committee is hosting the next Hot Lunch on **Wednesday, January 27**. More information to come; please check SchoolCashOnline.

We are currently looking for parent volunteers to help with these wonderful school community events. Please reach out to spfasc@holyspirit.ab.ca or beccainnes02@gmail.com for more information.

I am looking forward to what the last half of the school year holds at SPFA! Thank you for your continued support and involvement.

Becca Innes
School Council Chair

Kids will
vote for the
movie! Free
for all!



Thank You Nursing Students



This amazing group of 4th year nursing students from the U of L were real change-makers in our school community this Fall!

They did 3 unique mini lessons with each class, hosted a learning fair over 2 days so that most students could take part, and shared valuable learning tools with you at home via Fall newsletters and interview brochures.

They are passionate about promoting positive health choices for our children and their family so that we all build habits for a lifetime of well-being and confidence.



'Keep Christ in Christmas' Poster Contest Winners

Congratulations to the winners of the *Keep Christ in Christmas Poster Contest*, sponsored by the St. Patrick's Knights of Columbus Council #10547. This annual contest encourages students to reflect on the true meaning of Christmas and the season of Advent, focusing on the Holy Family and the Nativity of our Lord and Savior, Jesus Christ.

The St. Patrick Fine Arts School winners are:

1st Place: Luise K.

2nd Place: Amaya K.

3rd Place: Isla N.

All of the winners took home cash prizes and will have their entries forwarded to the next level of competition (pictured with Grand Knight Fred Ridding).



Monthly Parable Family Learning

The Rich Fool | Luke 12:13-21 (GNT)



A man in the crowd said to Jesus, "Teacher, tell my brother to divide with me the property our father left us."

Jesus answered him, "Friend, who gave me the right to judge or to divide the property between you two?" And he went on to say to them all, "Watch out and guard yourselves from every kind of greed; because your true life is not made up of the things you own, no matter how rich you may be."



Then Jesus told them this parable: "There was once a rich man who had land which bore good crops. He began to think to himself, 'I don't have a place to keep all my crops. What can I do? This is what I will do,' he told himself; 'I will tear down my barns and build bigger ones, where I will store the grain and all my other goods.



Then I will say to myself, Lucky man! You have all the good things you need for many years. Take life easy, eat, drink, and enjoy yourself!" But God said to him, "You fool! This very night you will have to give up your life; then who will get all these things you have kept for yourself?" And Jesus concluded, "This is how it is with those who pile up riches for themselves but are not rich in God's sight."

St. Benedict of Nursia

480-547 (Feast Day: July 11)



St. Benedict lived in Italy more than 1,500 years ago. As a young man, he left the busy city because he wanted to live close to God. He spent time praying and listening to God's voice in silence. Others were inspired by his way of life and came to live with him.

Benedict helped them form small communities called monasteries. He taught them to live simply, share what they had, and put God first in everything. His rule — called The Rule of St. Benedict — reminds people to pray, work, and live with peace and balance.

Like Jesus' story of the rich fool, Benedict teaches us that true wealth isn't about things — it's about having a heart full of God's love.

Saint of the Month – St. Benedict of Nursia

St. Benedict and True Wealth in God

You may have heard the Latin words “Ora et Labora,” which mean “Pray and Work.” These words are linked to St. Benedict and his way of life. The Benedictines, who follow his example, still use this motto today.

“Ora et Labora” reminds us that prayer and work should go together. St. Benedict taught that both are ways to serve God and grow closer to Him. This message is still important today, especially when our lives can feel busy or distracted.

When we pray (“Ora”), we take time to listen to God’s Word and open our hearts to Him. This connects with our faith plan this year — to *Know God* by encountering Him in the Word.

Our key scripture, Matthew 11:29 says:

“Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.”

This reminds us that our work becomes more meaningful and peaceful when we do it with God and for God.



St. Benedict of Nursia

Gracious and Holy Father,
give us the wisdom to discover You,
the intelligence to understand You,
the diligence to seek after You,
the patience to wait for You,
eyes to behold You,
a heart to meditate upon You,
and a life to proclaim You,
through the power of the Spirit
of Jesus, our Lord.
Amen.

St. Benedict - Pray for Us!

A Prayer by Saint Benedict
<https://stbenedicts.npcat.org.uk/our-prayers/>



FIRST RECONCILIATION

BooT Camp

ASSUMPTION CHURCH

17

JANUARY
2026

SATURDAY
SUNDAY

18

12:00 PM TO 3:00 PM
SNACKS WILL BE PROVIDED
COST IS \$50 FOR MATERIALS

“

Collective action makes it easier for all parents to say ‘no’ – and builds healthier childhoods for everyone.”
– The Anxious Generation²

BEST PARENTAL CONTROL SOFTWARE



QUSTODIO Best for detailed insight into a Child’s digital activity

AURA Best for identity theft protection and broader family security

BARK Best for monitoring social media and flagging problematic content

SEEK HELP IF:

- Your child is expressing feelings of hopelessness or self harm
- Is withdrawing from activities
- Struggles with emotional regulation despite efforts

WHERE TO TURN



EMERGENCY:
kids Help Phone 1-800-668-6868



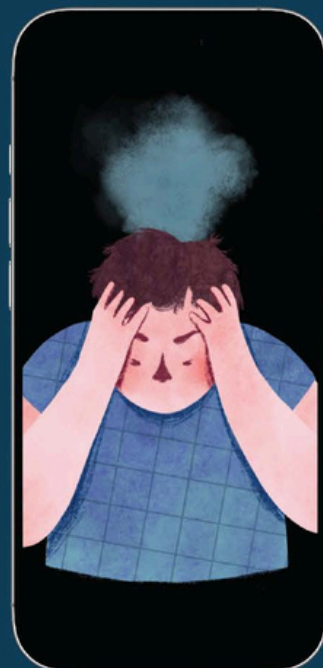
Counselling
www.famcentre.ca/counselling

Workshops
www.famcentre.ca/programs

References

1. Komeschuk, J., Towse, A. J., Marshall, S., Mackay, L. J., Hayden, K. A., Cameron, J. L., Duffell-Leger, L., & Letourneau, N. (2023). Impacts of parental technostress on parent-child relationships and child health and developmental outcomes: A scoping review. *Cyberpsychology, Behavior and Social Networking*, 26(6), 579-605. <https://doi.org/10.1089/cyber.2022.0076>

2. Haith, J. (2024). *The anxious generation: How the great rewiring of childhood is causing an epidemic of mental illness*. Penguin Press.



Supporting Your Child’s Mental Health in the Digital Age

–How to Navigate Screen Time, Social Media, and A Changing Childhood

Healthy Hands Tips

👉 Handwashing: Our First Line of Defense

Handwashing helps remove germs before they can spread and cause illness. The Centers for Disease Control and Prevention (CDC) recommends washing hands:

- After sneezing or coughing
- When your hands are visibly dirty
- After using the washroom
- Before and after eating or preparing food
- After playing outside
- After playing with pets
- When you return home

“

“Since around 2010, depression, anxiety, and self-harm among youth have risen sharply — coinciding with the rise of smartphones and social media.”
— Jonathan Haidt, *The Anxious Generation*²



THE RISKS

Increased Anxiety & Depression

There is significant association between excessive screen time (more than 6 hours/day) and feelings of depression & anxiety in teens¹

Reduced Attention Span

Frequent media multitasking has been linked to lower English and math scores, weaker working memory, lower sustained attention, and greater impulsivity in children¹

Low Self-Esteem

Increased screen time can disrupt reading efficiency, impair problem-solving, and may undermine children's confidence in their own ability to do homework¹

Cyberbullying

Specifically, being the receiver (or sender) of instant messages with negative content has been correlated with internalizing symptoms of anxiety or depressive disorders¹

What Parents Can DO

MANAGE screen use...

Make and regularly review or revise a Family Media Plan, including individualized time and content limits / Speak proactively with children and teens about acceptable and unacceptable online behaviours.¹

Encourage **MEANINGFUL** screen use...

Prioritize daily routines, such as interacting face-to-face, sleep, and physical activity over screen use.¹

MODEL healthy screen use...

Review your own media habits, and plan time for alternative hobbies, outdoor play, and activities.¹

MONITOR for problematic screen use...

Monitor for negative emotions following online interactions or video games or while texting / Monitor screen use that interferes with sleep, school, or face-to-face interactions.¹

The 10 Steps to Clean Hands

1. Wet your hands with water
2. Apply enough soap to cover your hands
3. Rub your hands palm to palm
4. Right hand over left fingers tangled, then switch!
5. Scrub palm to palm with fingers tangled
6. Rub fingernails on the palm of both hands
7. Rub your right thumb with your left hand, then switch!
8. Rub fingertips on palms for both hands
9. Rinse your hands thoroughly with water
10. Dry your hands with a paper towel or an air dryer

More tips!!

Remember! If soap and water aren't available, and your hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol.